

A NERVOUS BREAKDOWN

Miss Kelly Tells How Lydia E. Pinkham's Vegetable Compound Restored Her Health.

Newark, N. J.—"For about three years I suffered from nervous breakdown and got so weak I could hardly stand, and had headaches every day. I tried everything I could think of and was under a physician's care for two years. A girl friend had used Lydia E. Pinkham's Vegetable Compound and she told me about it. From the first day I took it I began to feel better and now I am well and able to do most any kind of work. I have been recommending the Compound ever since and give you my permission to publish this letter."—Miss FLO KELLY, 476 So. 14th St., Newark, N. J.

The reason this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, was so successful in Miss Kelly's case was because it went to the root of her trouble, restored her to a normal healthy condition and as a result her nervousness disappeared.

Kind words are never lost—but they are frequently mislaid.

Money talks conclusively, but occasionally it gets rattled.

Some men's charity consists of a willingness to pass the hat.

Jump from Bed in Morning and Drink Hot Water

Tells why everyone should drink hot water each morning before breakfast.

Why is man and woman, half the time, feeling nervous, despondent, worried; some days headachy, dull and unstrung; some days really incapacitated by illness.

If we all would practice inside-bathing, what a gratifying change would take place. Instead of thousands of half-sick, anaemic-looking souls with pasty, muddy complexions we should see crowds of happy, healthy, rosy-cheeked people everywhere. The reason is that the human system does not rid itself each day of all the waste which it accumulates under our present mode of living. For every ounce of food and drink taken into the system nearly an ounce of waste material must be carried out, else it ferments and forms ptomaine-like poisons which are absorbed into the blood.

Just as necessary as it is to clean the ashes from the furnace each day, before the fire will burn bright and hot, so we must each morning clear the inside organs of the previous day's accumulation of indigestible waste and body toxins. Men and women, whether sick or well, are advised to drink each morning, before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it, as a harmless means of washing out of the stomach, liver, kidneys and bowels the indigestible material, waste, sour bile and toxins; thus cleansing, sweetening and purifying the entire alimentary canal before putting more food into the stomach.

Millions of people who had their turn at constipation, bilious attacks, acid stomach, nervous days and sleepless nights have become real cranks about the morning inside-bath. A quarter pound of limestone phosphate will not cost much at the drug store, but is sufficient to demonstrate to anyone, its cleansing, sweetening and freshening effect upon the system.

DRINK MORE WATER IF KIDNEYS BOTHER

Eat less meat and take Salts for Backache or Bladder trouble—Neutralizes acids.

Uric acid in meat excites the kidneys, they become overworked; get sluggish, ache, and feel like lumps of lead. The urine becomes cloudy; the bladder is irritated, and you may be obliged to seek relief two or three times during the night. When the kidneys clog you must help them flush out the body's urinous waste or you'll be a real sick person shortly. At first you feel a dull misery in the kidney region, you suffer from backache, sick headache, dizziness, stomach gets sour, tongue coated and you feel rheumatic twinges when the weather is bad.

Eat less meat, drink lots of water; also get from any pharmacist four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to clean clogged kidneys and stimulate them to normal activity; also to neutralize the acids in urine, so it no longer is a source of irritation, thus ending bladder weakness.

Jad Salts is inexpensive, cannot injure; makes a delightful effervescent lithia-water drink which everyone should take now and then to keep the kidneys clean and active. Druggists here say they sell lots of Jad Salts to folks who believe in overcoming kidney trouble while it is only trouble.

"WE WON'T WIN IF WE WASTE"

Tested Wartime Recipes

FOR USE IN MICHIGAN
(Clip and save these recipes for future reference.)

Some More Wheat Savers.

Remember that macaroni, spaghetti, crackers in general, are made of wheat savers, however; but should not be used at strictly wheatless meals.

Remember when using cornstarch or rice flour in puddings, or for thickening sauces and gravies, to use half as much as you would were you using flour.

Remember that Irish potatoes, sweet potatoes, rice, squash and pumpkin are all excellent for filling up wheatless gaps.

MEAT SUBSTITUTES

The average housewife has for years prepared and served dishes which are in reality excellent meat substitutes, although she has not thought of them in that way. By planning her menus so that one or more of these dishes will be served on the special days, the problem of "Meatless Day" will cause little inconvenience.

MILK AND MILK PRODUCTS.

A glass of milk may well take the place of a small serving of beef.

Use milk soups, such as potato soup, cream of pea soup, celery soup, etc. Reliable recipes for these are found in most cook books.

Skimmed milk is rich in protein. Use it often.

Cottage cheese is one of the best known meat substitutes. Have it for lunch or supper on some meatless day.

American cheese is also an excellent meat substitute. Use it for such. Add cheese (cut up fine) to rice, to kidney beans, etc. This makes the dish rich in protein and uses dry bits of cheese.

EGGS

Eggs are an excellent substitute for meat. When reasonable in price serve them often as a substitute. Eggs may be boiled, steamed, poached, baked, scrambled, etc. There are many simple methods of cooking eggs—look them up in a good cook book or government bulletin.

NUTS

Get into the habit of serving nuts occasionally as part of the meal at which no meat is served. Peanuts are very nutritious and comparatively inexpensive.

Do your bit—small sacrifices now may save you from making greater ones later.

Macaroni and Cheese

Macaroni is made of Durum wheat flour—a flour containing too much gluten to be used in making a good loaf of bread. Dishes using macaroni may therefore well be served as meat and wheat savers.

1 C Macaroni broken in small pieces
3 qts. boiling water
1 C milk
3 T flour
Buttered bread crumbs
1 T butter
1-4 to 1-2 lb. cheese
1-2 t salt
f. g. cayenne pepper

Cook the macaroni in boiling salted water until tender. Drain in a strainer and pour cold water over it to prevent sticking. Make a sauce of the flour, butter, milk and cheese. Combine sauce and macaroni. Cover with buttered crumbs, heat in the oven until the crumbs are brown.

Macaroni may be heated in tomato sauce and sprinkled with grated cheese just before serving. Spaghetti or vermicelli may be used as the macaroni.

Cereals

Whole grains may well help to supplement a smaller consumption of meat.

One simple suggestion:
1-4 C graham flour
2 C boiling water
1-2 t salt

Add graham slowly to salted boiling water. Cook at least 30 minutes. Instead of serving with sugar, add chopped dates. Nuts may also be added. This may be served hot as a lunch or supper dish; or cold, with cream, as a dessert.

Irish Stew

1 lb. mutton (or less)
2 C potatoes (cut in cubes)
1-3 C carrots (cut in cubes)
1-3 C turnips (cut in cubes)
1 C flour
1-2 small onion (cut in slices)

Seasoning
Cook same as beef stew. Serve with dumplings, which may be made of cornmeal.

Club Sandwiches (Two)

2 slices toast
2 leaves lettuce
2 slices bacon (cooked)
3 T chopped chicken (cooked)
3 T salad dressing
4 olives
2 slices tomato
1-2 egg (hard boiled)

On one slice of toast place a lettuce leaf, cover with 1 slice of bacon, 1 slice tomato, 1-2 T chicken. Cover with half the salad dressing, garnish with hard cooked egg and olives.

Creamed Chicken

1-2 C chopped cooked chicken
1 T fat
1 T flour
1-2 C milk
f. g. salt
f. g. pepper

Make a sauce from the fat, flour, milk and seasonings. Add chicken and cook slowly until chicken is heated through. Serve on toast or wafers or in timbal molds.

NOTE—In all of these recipes all measurements are level, and T equals tablespoon, C equals cup, f. g. equals few grains, f. d. equals few drops.

WAR PROFITEER PUBLIC NUISANCE

No Extortion to Be Tolerated, but Liberal Disposition Toward Business Needed.

Shrinkage of Values Would Curtail Capacity to Provide Sinews of War.

"Conscription of Men, Conscription of Money," Analyzed.

By OTTO H. KAHN.

Much is being said about the plausible sounding contention that because a certain portion of the young manhood of the nation has been conscripted, therefore money must also be conscripted. Why, that is the very thing the government has been doing. It has conscripted a portion—a relatively small portion—of the men of the nation. It has conscripted a portion—a large portion—of the incomes of the nation. Capital and business pay more than four-fifths of our total war taxation directly and a large share of the remaining fifth indirectly.

If the government went too far in conscripting men the country would be crippled. If it went too far in conscripting incomes and earnings the country would likewise be crippled.

Results of Conscription of Capital.

I would ask those who would go further and conscript not only incomes, but capital, to answer the riddle not only in what equitable and practicable manner they would do it, but what the nation would gain by it?

It is true that a few years ago a capital levy was made in Germany but the percentage of that levy was so small as to actually amount to no more than an additional income tax and that at a time when the regular income tax in Germany was very moderate as measured by the present standards of income taxation.

Only a trifling fraction of a man's property is held in cash. If they conscript a certain percentage of his possessions in stocks and bonds, what would the government do with them?

Keep them? That would not answer its purpose, because the government wants cash, not securities.

Sell them? Who is to buy them when every one's funds would be depleted?

If they conscript a certain percentage of a man's real estate or mine or farm or factory, how is that to be expressed and converted into cash?

Are conscripted assets to be used as a basis for the issue of Federal Reserve bank notes? That would mean gross inflation, with all its attendant evils, dangers and deceptions.

Would they repudiate a percentage of the national debt? Repudiation is no less dishonorable in a people than in an individual, and the penalty for failure to respect the sanctity of obligations is no different.

The Thrifty Would Be Penalized.

The fact is that the government would gain nothing in the process of capital conscription and the country would be thrown into chaos for the time being. The man who has saved would be penalized, he who has wasted would be favored. Thrift and constructive effort, resulting in the needful and fruitifying accumulation of capital, would be arrested and lastingly discouraged.

I can understand the crude notion of the man who would divide all possessions equally. There would be mighty little coming to any one by such distribution, and it is, of course, an utterly impossible thing to do, but it is an understandable notion. But by the confiscation of capital for government use neither the government nor any individual would be benefited.

A vigorously progressive income tax is both economically and socially sound. A capital tax is wholly unsound and economically destructive.

It may nevertheless become necessary in the case of some of the belligerent countries to resort to this expedient, but I can conceive of no situation likely to arise which would make it necessary or advisable in this country.

More than ever would such a tax be harmful in times of war and post-bellum reconstruction, when beyond almost all other things it is essential to stimulate production and promote thrift, and when everything which tends to have the opposite effect should be rigorously rejected as detrimental to the nation's strength and well-being.

There is an astonishing lot of hazy thinking on the subject of the uses of capital in the hands of its owners.

The rich man can spend only a relatively small sum of money unproductively or selfishly. The money that it is in his power actually to waste is exceedingly limited. The bulk of what he has must be spent and used for productive purposes, just as would be the case if it were spent by the government, with this difference, however, that, generally speaking, the individual is more painstaking and discriminating in the use of his funds and at the same time bolder, more imaginative, enterprising and constructive than the government with its necessarily bureaucratic and routine regime possibly could be. Money in the hands of the individual is continuously and feverishly on the search for opportunities—i. e. for creative and productive use. In the hands of the government it is apt to lose a good deal of its fruitifying energy and ceaseless striving and to sink instead into placid and somnolent repose.

There need not be and there should not be any conflict between profits and patriotism. I am utterly opposed to those who would utilize their country's war as a means to enrich themselves. The "war profiteer," as the term is generally understood, is a public nuisance and an ignominy. Extortionate profits must not be tolerated, but, on the other hand, there should be a reasonably liberal disposition toward business and a willingness to see it make substantial earnings.

For taxation presupposes earnings. Our credit structure is based upon values, and values are largely determined by earnings. Shrinkage of value necessarily affects our capacity to provide the government with the sinews of war.

The Conscription of Men.

Reverting now to the subject of the conscription of men, I know I speak the sentiment of all those beyond the years of young manhood when I say that there is not one of us worthy of the name of a man who would not willingly go to fight if the country needed or wanted us to fight. But the country does not want or call its entire manhood to fight. It does not ever call anywhere near its entire young manhood. It has called or intends to call in the immediate future perhaps 25 per cent. of its men between twenty and thirty years of age, which means probably about 4 per cent. of its total male population of all ages. But it has called from incomes, business profits and other impost: falling principally on the well to do, approximately ninety per cent. of our war taxation, not to mention the contributions to the Red Cross, the Y. M. C. A. and other war relief activities.

Let me add in passing that the children of the well to do have been taken for the war in proportionately greater numbers than the children of the poor, because those young men who are needed at home to support dependents or to maintain essential war industries are exempted from the draft.

Our Laws Favor Sons of the Poor

The draft exemption regulations discriminate not as in former wars, in favor of the rich man's son, but in favor of the poor woman's son.

I realize but too well that the burden of the abnormally high cost of living, caused largely by the war, weighs heavily indeed upon wage earners and still more upon men and women with moderate salaries. I yield to no one in my desire to see everything done that is practicable to have that burden lightened. But excessive taxation on capital will not accomplish that; on the contrary, it will tend to intensify the trouble.

Taxation must be sound and wise and scientific and cannot be laid in a haphazard way or on impulse or according to considerations of politics, otherwise the whole country will suffer. History has shown over and over again that the laws of economics cannot be defied with impunity and that the resulting penalty falls upon all sections and classes.

The question of the individual is not the one that counts. The question is not what sacrifices capital should and would be willing to bear if called upon, but what taxes it is to the public advantage to impose.

I do not say all this to plead for a reduction of the taxation on wealth or in order to urge that no additional taxes be imposed on wealth if need be. There is no limit to the burden which in time of stress and strain those who must be willing to bear who can afford it except only that limit which is imposed by the consideration that taxation must not reach a point where the business activity of the country becomes crippled and its economic equilibrium is thrown out of gear, because that would harm every element of the commonwealth and diminish the war-making capacity of the nation.

BAKED POTATO

BIG, white, mealy—with butter melting on it. Um-m-m! And you like it because it is baked. Same with Lucky Strike Cigarette

IT'S TOASTED

Cooking makes things delicious—toasting the tobacco has made the Lucky Strike Cigarette famous.



Notice To Autoists.

Owners and drivers of automobiles and all motor vehicles are hereby notified that they must secure their "1918" license together with their chauffeur license issued by the State of Michigan before said automobiles or motor vehicles can be operated upon the streets of the City of East Jordan. There will be no exceptions in the enforcement of the law.

HENRY COOK,
Chief of Police.

The meek will of necessity have to inherit the earth—if they ever get it.

A SHORT BUT STRONG STATEMENT

Women with backache, rheumatic pains, sore muscle, stiff joints or other symptoms of kidney trouble should read this statement from Mrs. S. C. Small, Clayton, N. M. "Foley Kidney Pills have done me more good than all other medicines." They strengthen weak kidneys and banish sleep-disturbing bladder ailments.—Hite's Drug Store.

WALL PAPER Is Economical

The comfort, cosiness and beauty of a double and triple wall addition of the most inexpensive of interior decorations—WALLPAPER.

New Wallpaper transforms the cold, confining walls into warm, pleasing backgrounds. Too, it enriches the woodwork—each bevel, bead and fluting is given emphasis; and every rug and piece of furniture is given new splendor.

The reasonable cost of Wallpaper permits the delight of frequent changes.

Stop in and let us discuss patterns and prices.

HITE DRUG CO.

Burpee's Seeds Grow and are known the world over as the very Best that care and science can produce. Burpee's Annual for 1918 has been enlarged and improved so as to be of the greatest help to every gardener. Mailed free. A post card will bring it. W. Atlee Burpee Co., Seed Growers, Philadelphia